



2026 Mountain 7 District Outdoor Track & Field Championships

Host: Ridgeview High School

Site: Ridgeview High School/Ridgeview Stadium (Stadium Opens at 8:30am)

Date: Wednesday, May 20th, 2026

Director: Mike Owens, Ridgeview

AD: Kent Grant, Ridgeview

Admission: 10.00

Officials: The Starter and Referee must have the minimum of VHSL/NFHS certification. Each certified official will be compensated. Schools will be assigned events to assist in running Field Events/exchange zones.

Parking: Buses will have designated areas at the north end of the stadium behind the scoreboard and enter the bottom stadium gate.

Spectators: Spectators will park at the in the surrounding parking area behind the scoreboard in the north end of the stadium and will enter the stadium at the bottom gate. Spectators are not allowed to park near the throwing areas, they must enter at the gate and proceed to the throwing areas through the stadium. Spectators can sit on either side of the stadium in the bleachers. No spectators will be allowed on the track/infield. The shot put and discus will be contested beyond the fence and spectators can exit at the gate near the south side of the visitor bleachers.

Team Camps: Team Tents will be allowed on the visitors side bleachers ONLY.

Concessions: Concession Stand will be available in the stadium at the south end of home bleachers, nearest the school.

Coaches Hospitality: Lunch will be provided to coaches.

District T-Shirts: Mountain 7 District Championships Shirts will be sold near the concession stand.

Inclement Weather: If director delays meet for inclement weather, all teams must return to buses. Make up date would be Thursday, 5/21.

Entries: All entries submitted on Milestat. Entries are due Sunday, May 17th at 10pm. Each school is allowed 3 entries and 1 relay. If marks are not verified at an FAT meet, they will be changed to NT/ND/NH. To enter more than 3 in any event all entries must have hit the Mountain 7 District standard, which is attached to this document. If you have 4 or more athletes who have

achieved a district standard during the 2026 season and wish to enter more than 3 in an event email me at mowens@dcps.k12.va.us with names and meet in which marks were achieved.

Scoring: Top 8 finishers in each event score (10,8,6,5,4,3,2,1)

Athlete Participation Limit: 3 running events (Athletes participating in the 3200 meter run may only participate in one additional running event including relays) and unlimited field events.

2D Region Qualifiers: First 6 places in individual events and first 3 relay teams will

advance. Also, any athlete who has met the Regional standard will advance.

3D Region Qualifiers: Each school is allowed 3 entries in all individual events and 1 relay.

Scratch deadline is Tuesday, 5/19 at Noon. Scratches must be emailed to mowens@dcps.k12.va.us before the deadline. We will follow the declaration rule for running events. You may scratch in a running event and still participate in later running events including relays with no penalty. However, if you are declared in your maximum number of events, you cannot scratch one of those and run in a relay. Athletes may participate only in events entered on Milestat. You must include your relay members and alternates in your entries.

Starting Heights:

Girls PV: 6-0 (Not a Scored Event...) **Contested Monday**

Boys PV: 8-0 (Not a Scored Event...) **Contested Monday**

Girls HJ: 4-2

Boys HJ: 5-2

Time Schedule:

8:30 AM-Stadium Opens

8:30AM-9:30AM-Weighing of throwing implements (near the fenced gate at the throwing area) implements must be weighed in to use in competition.

9:00AM-Coaches meeting (start/finish line)

9:30AM-Field Events: 3 Attempts (Top 9 to Finals)

Girls/Boys Long Jump followed by Girls/Boys Triple Jump

Girls High Jump followed by Boys High Jump

Girls Discus followed by Boys Discus

Boys Shot Put followed by Girls Shot Put

Girls Pole Vault followed by Boys Pole Vault ****Contested Tuesday****

We will aim to finish all boys and girls jumping events before starting the running events.

Time Schedule: All Track events will be Girls followed by Boys. All heats slow to fast.

12:00PM-4x800m Relay

Rolling Schedule Starts after the finish of the 4x800 relay:

100m/110m Hurdles

100m Dash

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

Awards following 4x400m Relay

- Trophy for Girls & Boys Team Champions; Girls & Boys Team Runner-Up
- 20 Medals for Girls & Boys Winning Teams
- Medals for 1st, 2nd, and 3rd and ribbons for 4th, 5th, and 6th

Meet Officials: Mike Elkins (Networking Timing), Mike Owens (Meet Director)

Starter, Referee and Head Field Judges will be VHSL/NFHS/USATF certified. Some will be certified by all three, but that is not required.

Timing/Meet Management by RHS. Other schools will be assigned a field event to assist.

2026 Mountain 7 District Outdoor Track & Field Standards

	<u>Girls</u>	<u>Boys</u>
<u>Long Jump</u>	13-11	17-9.50
<u>Triple Jump</u>	28-11	33-8
<u>High Jump</u>	4-4	5-4
<u>Shot Put</u>	26-2	35-8
<u>Discus</u>	79-4	106-6
<u>100 Hurdles</u>	22.30	—
<u>110 Hurdles</u>	—	19.07
<u>300 Hurdles</u>	1:01.60	48.79
<u>100</u>	14.20	11.99
<u>200</u>	30.10	25.04
<u>400</u>	1:16.30	59.16
<u>800</u>	3:10.25	2:27.90
<u>1600</u>	7:57.64	5:58.32
<u>3200</u>	16:50.10	13:29.64

**Mountain 7 District Standards have been calculated by taking average of the Class 2A
6th place in 3 previous District Championship meets **